





Eat Smart Be Smart

Picnic Portions

-  **Grade Level:** First **Lesson Time:** 30 Minutes
-  **Integrated Core Subjects:** Math, Health Enhancement
-  **Montana Content Standard:** Reading 1: Students construct meaning as they comprehend, interpret, and respond to what they read.
Montana Content Standard: Math 5: Students demonstrate understanding of measurable attributes and an ability to use measurement processes. Health Enhancement 1: Students have a basic knowledge and understanding of concepts that promote comprehensive health.
-  **Objectives:** Students will divide foods into equal portions for each child on the picnic; identify foods from the five food groups at the picnic meal; identify healthy food choices for a picnic; and introduce the concept of

Lesson/Activity: This lesson can be completed by having students work individually or in a group.

1. This lesson will allow the students to practice simple math tasks by planning a meal for a picnic. Begin this lesson by asking the students if they have ever been on a picnic and what kind of foods they ate. Discuss that a picnic is a meal eaten away from home, usually outdoors (park, boat, camping, hiking, river). To review food safety tips, ask the students what are some things they may do to keep the food safe (free from bugs/dirt) when they are at a picnic. Answers may be: store cold foods in a cooler, keep foods covered, keep it off the ground, wash their hands before eating.
2. Explain that they will help plan a picnic meal for a group of friends by dividing the food so each person has an equal portion. Using a real food item, like apples, divide up the apples into halves, thirds, or fourths. The apples can be shared by the class at the end of the lesson.
3. Distribute a Picnic Portion Work sheet to each child. Each friend wants an equal portion of the foods served at the picnic. Explain that the word "portion" is the serving size each friend will enjoy. Have students work individually or in groups to complete questions 1-3 of the *Picnic Portion* work sheet. Review the answers with the students.
4. Ask the students to complete the rest of the work sheet. Explain to the students that one item could fit into more than one food group. Since it has more than one food group represented, it is called a combination food. Ask the students which item is the combination food. The answer is the sandwich, which has the grain, dairy, meat, and vegetable group in it. Ask the students to name another combination food. Answers may be pizza, tacos, burritos, or a smoothie.
5. Ask the students to complete the work sheet by planning and writing a picnic meal with foods from three or more food groups. Two examples are a hamburger, bun, watermelon, and milk; or chicken, coleslaw, roll, and orange juice.
6. Conclude the lesson by reviewing the concept of portion sizes. Encourage students to watch how the food service program staff or their parent/caregiver give equal serving portions at mealtimes.



Materials Needed

- Crayons or markers
- A copy of *the MyPyramid for Kids poster*
- A copy of the *Picnic Portion* work sheet for each student or group of students






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Outcome Goals

-  Students will be able to practice sorting into equal portions.
-  Students will plan a picnic lunch with foods from three or more food groups.

Extending the Lesson

-  Plan a classroom picnic. Bring a blanket, basket, and encourage the students to bring a meal that has foods from each of the food groups (school lunches will always contain five food groups if the children choose to take everything offered).
-  If applicable, ask the school foodservice supervisor to come talk to the students about how she/he plans their meals.
-  To include physical activity, plan a game or two following the picnic lunch.



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Acknowledgments/Adapted From

NETx (Nutrition Education of Texas)
and Denise Zimmer, RD